

ADULT DEVELOPMENT PROGRAM

2nd Gup to 1st Gup

Red Belt to Black Tag

TECHNIQUES:

- Everything from Previous Test(s)
- Step Forward / Backward 4 Times: L-Stance Back Elbow Thrust
- Step Forward 4 Times: Walking Stance Punch, grasp, Side Piercing Kick, L-Stance Knife-hand Strike
- Step Backward 4 Times: Sitting Stance Palm Pushing Block

PATTERNS:

- 4 Direction 360 Mid-Air Kick (Both Legs)
- 4 Direction Downward (Axe) Kick (Both Legs)
- Hwa-Rang Hyung

SPARRING

- One Point Free Sparring – Light Contact (Safety Equipment required).
- Two On One Sparring
- One Step Sparring (Basic and Advanced)

LEG PLACEMENT: Hold out for a count of THREE

- 4 Direction Front Kick, Turning Kick, Side Kick (Both Directions)

THEORY:

Answer the following Questions in Korean.

Anything From Pattern.

(Student **MUST** answer all questions correctly)

What is;

1. All HAND TECHNIQUES used at this grade (in Korean)?
2. Definition of Hwa-Rang Hyung?
3. Number of movements in Hwa-Rang Hyung?
4. Dimensions of X-Stance?
5. 10 stances (in English and Korean)?
6. All FOOT TECHNIQUES used at this grade (in Korean)?
7. All STANCES used at this grade (in Korean)?
8. Draw diagram for Hwa-Rang Hyung?
9. Describe the dimensions of Vertical Stance?
10. Name starting position of Hwa-Rang Hyung?
11. The meaning of INDOMITABLE SPIRIT

SELF DEFENCE:

- Numbers 1 to 5 (Basic)
- Numbers 1 to 5 (Advanced)

DESTRUCTION:

- Reverse Turning Kick (Both Legs)
- Knife-hand (Best Hand)
- Flying Side Kick (From Standing Start) (Best Leg)
- Flying High kick (Best Leg)

APPLICATION OF TECHNIQUE:

- Choose any consecutive block and attack techniques from your pattern. Name the techniques in English and Korean and also explain the purpose of these techniques.
- Explain the difference between dynamic and static stability